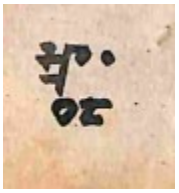
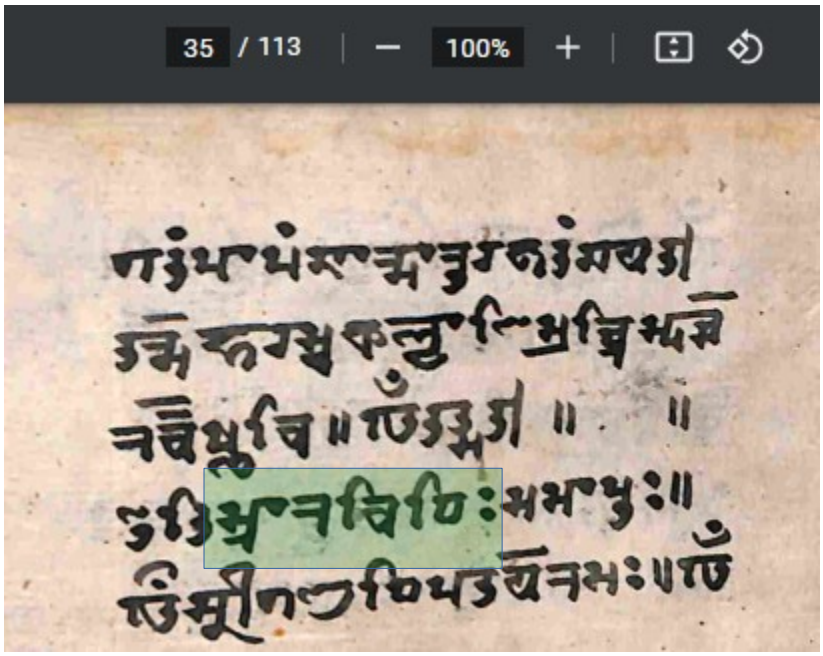
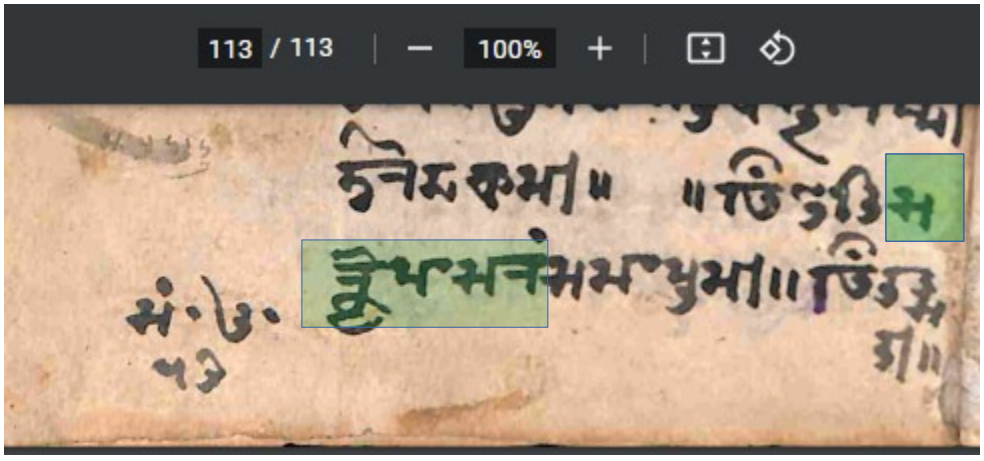
shopian 4.pdf **This manuscript includes Snana Vidhi - Sandhyopasanam.**

Page 1 – 35 : Snana Vidhi





Page 35 – 113 : Sandhyopasanam



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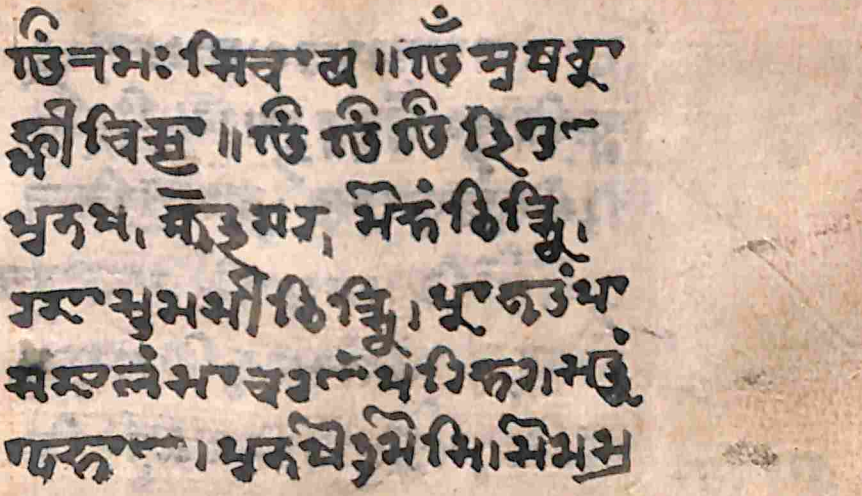

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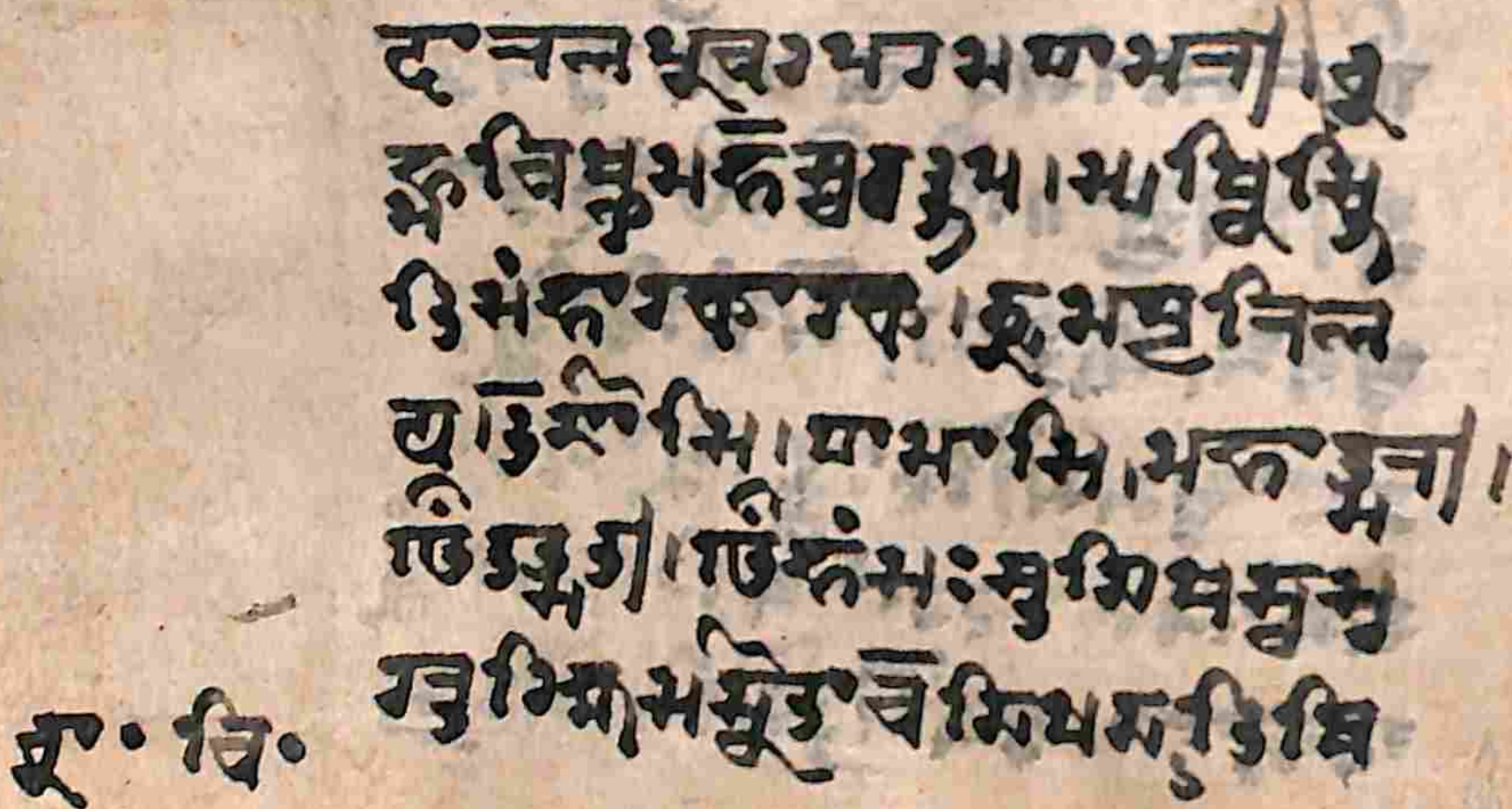

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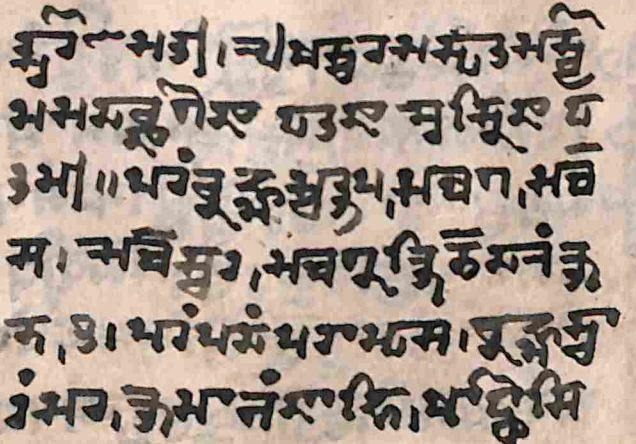

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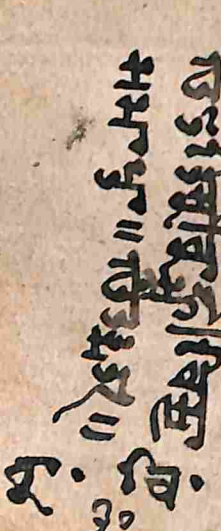

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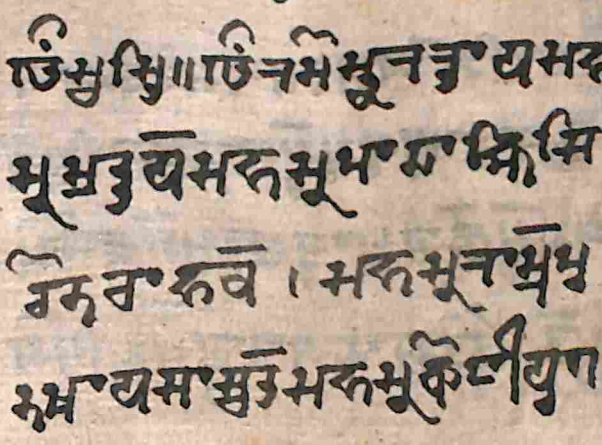

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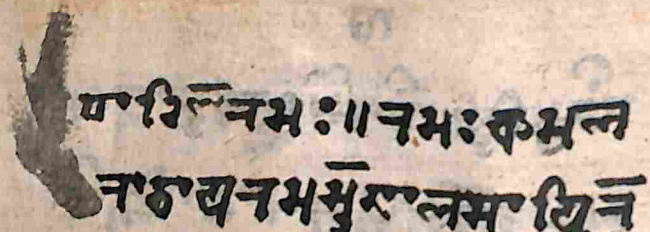

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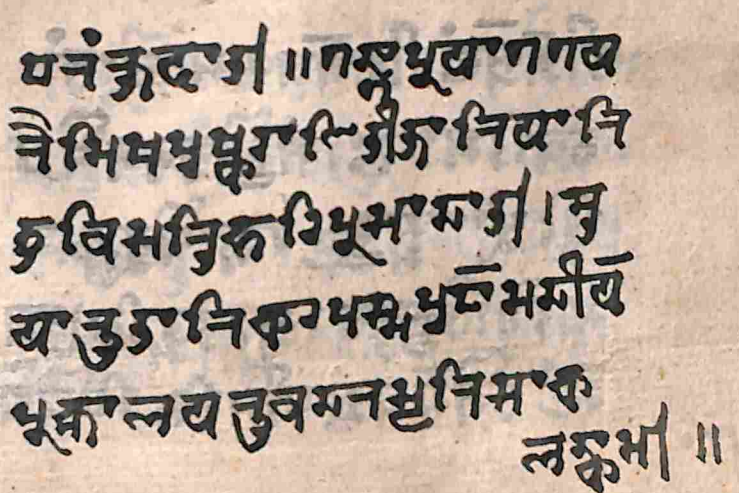

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ॐ ह्रीं क्रीं श्रीं ॐ भवभयहरणं
हवनं करोमि स्वाहा। ॐ नमो भगवते
रुद्राय शूलपाणये स्वाहा ॐ गिरिजा
पतये स्वाहा ॐ उमापतये स्वाहा ॐ
नमो नीलकण्ठाय पशूनां अधिपतये

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ऋः भूमिरूपाय ॐ ॐ ॥ यस्त्रीं भ
ह्रीं धं मं भ क्षिं भूस्त्रं भ उं दं ह्रूं
स्त्रं भ्रं भुं ॐ । सुं धुं भुं तूं भूं भिं
फ्रुं सुं हूं यस्त्रीं भ ह्रीं धं ल्लं भ शुं उं

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ल्ः ॥ यस्तु भवीऽभिधस्तु भू
स्तुभवीतिन, ऽभनक्तु भि ॥ ए
यस्तुवभिष्यभ रस्तु भ्रूस्तेयभं
ऋदग । ऊँवृक्षः । वसुमयः ।
नमेपरे । सुभ्रुभ्रे । नमऽऋ्य ।

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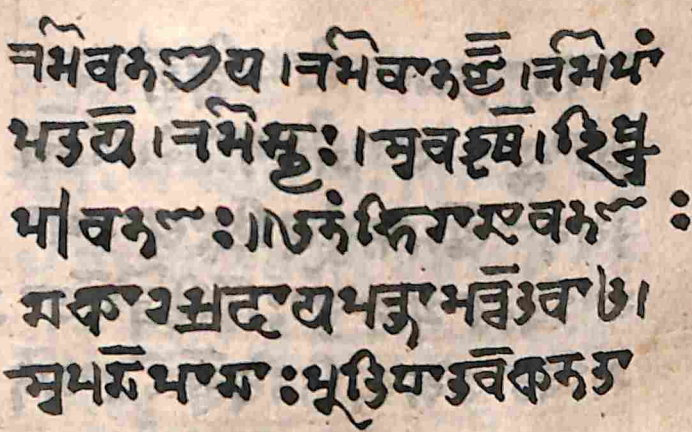

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भवज्ञ कुम्य विधम्भ्रुड्। यभ
भ्रुग्लु: ल्गडीचम्:। यैभ्म
ऊंचम् यैभकभूंयग्लुय:भा
म्चिड्भकत्रु:।ठिठ्वेम्व:
भचिड्यकभडि चिम्वेम्वभ

भ्र.
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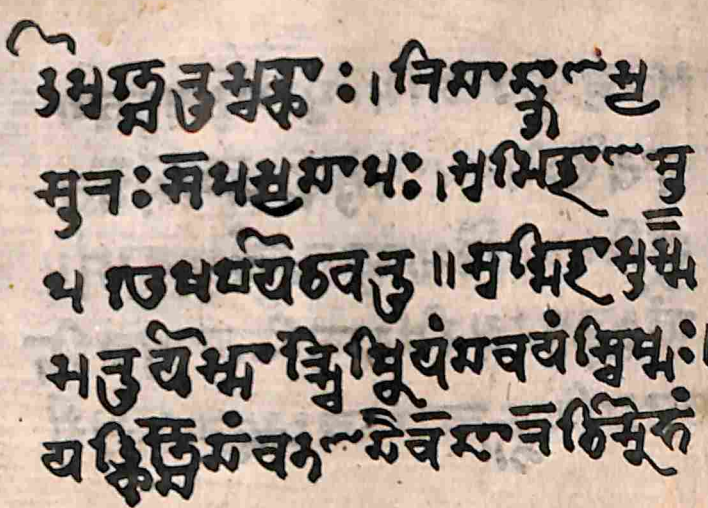

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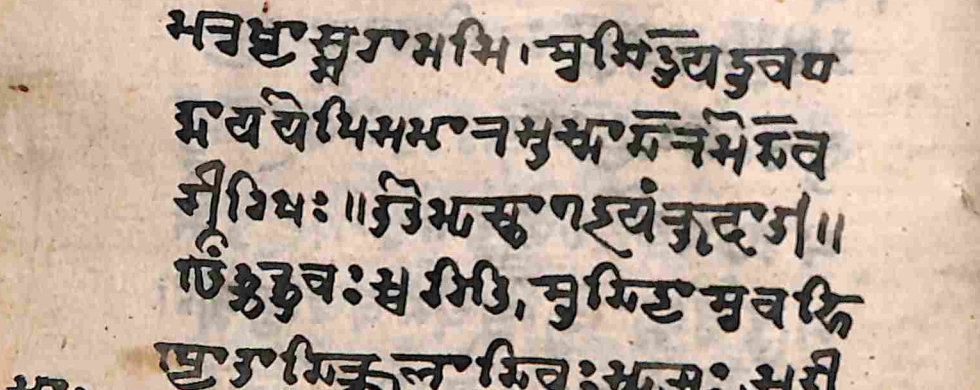

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ॐ: भर्गोदेवस्य। धीमहि धियो यो नः प्रचोदयात्।
चक्षुभे। वक्षुदयः। मुक्षुदयः। वक्षुदयः। मेधाऽसिनाऽयंनाऽयंविं
ष्णुः। ध्रुवोऽसि ध्रुवक्षेमोऽसि विष्णु
स्त्वमङ्गुलि। धाधिष्टः मधुमधुमिः॥

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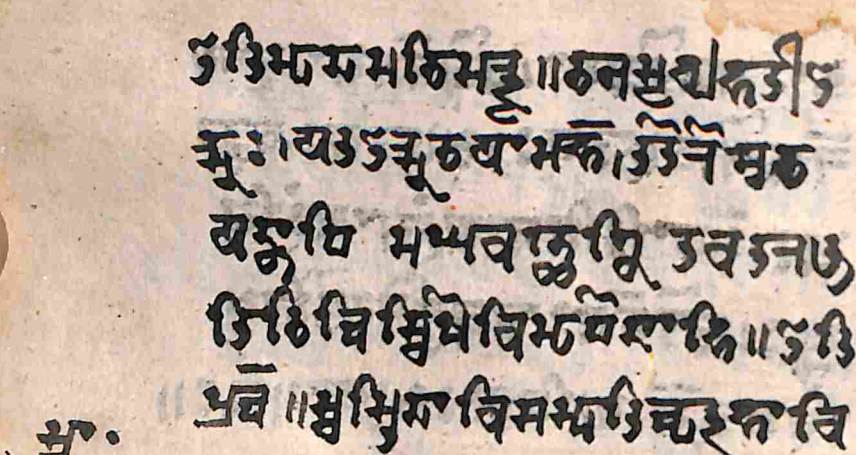

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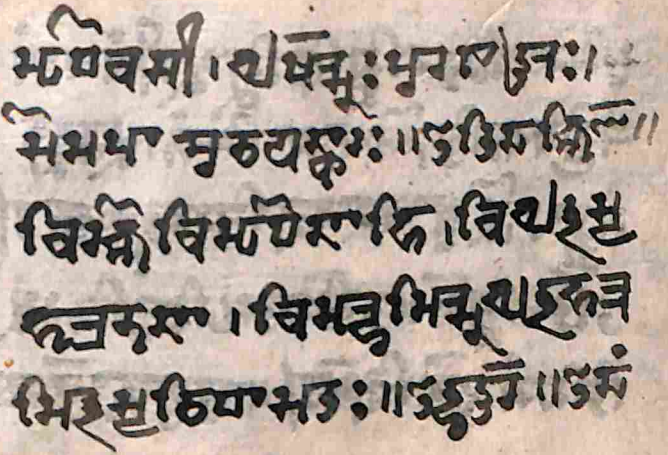

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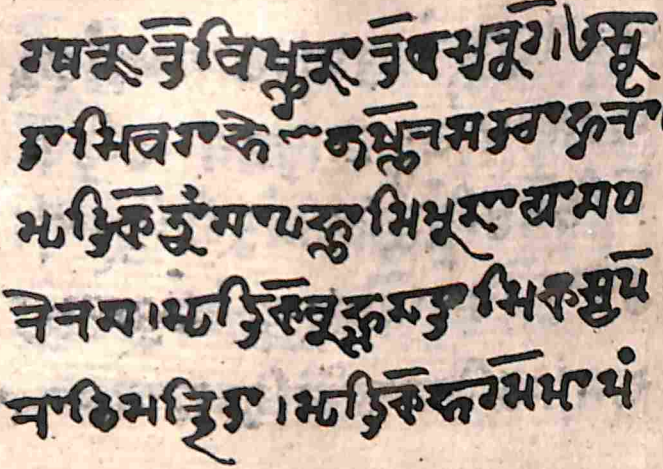

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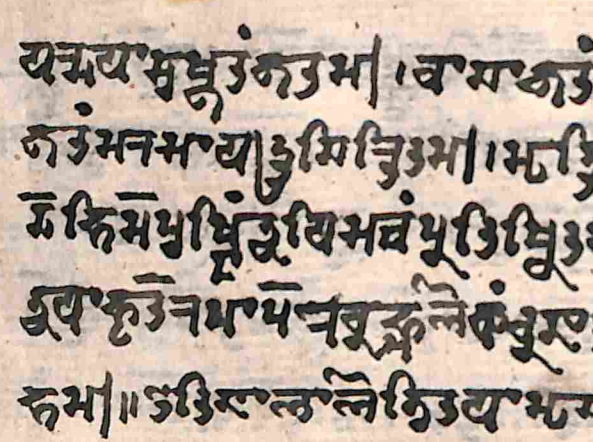

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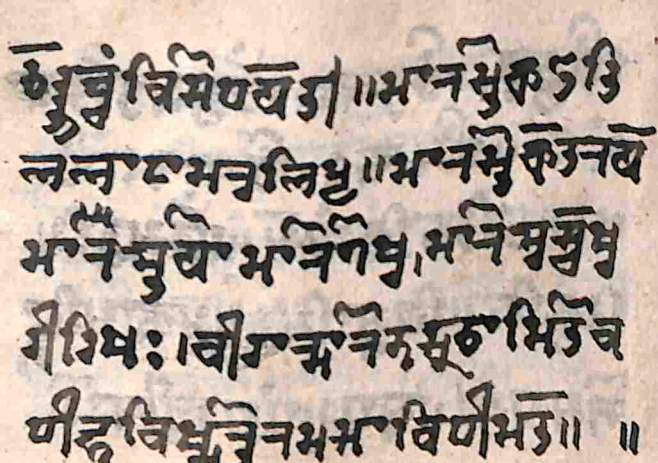

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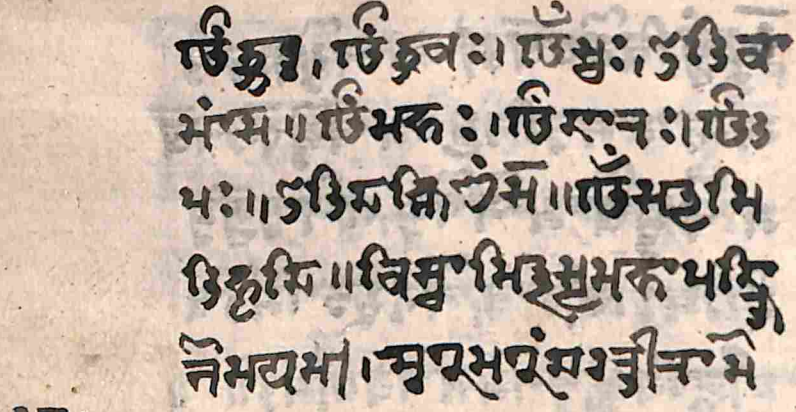

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धणीनंअंअंवनेअंभ्रमभ्रमठय
ह्रीनंधचिंकुंयंसेणनभां॥ॐ
भैरंभंभंकुंभधंधंगनकुंभय॥
ठंठिंभैयाभ्रुभ॥भिनुस्त्रीधक्षनन
ब्रुभां,ब्रुधभनः॥ब्रुधध

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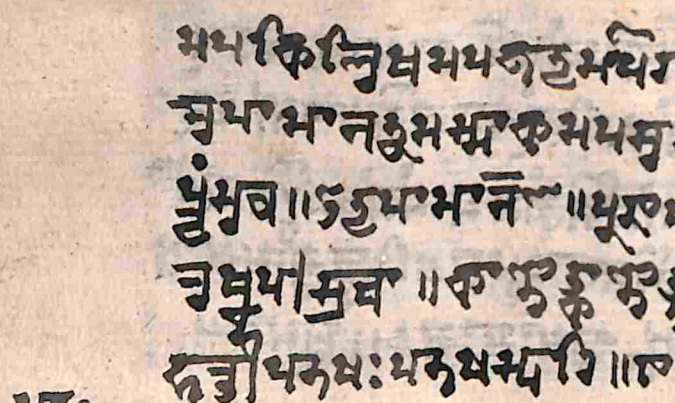

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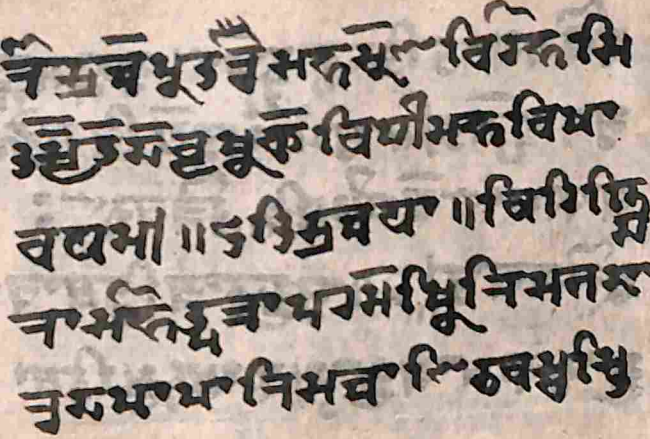

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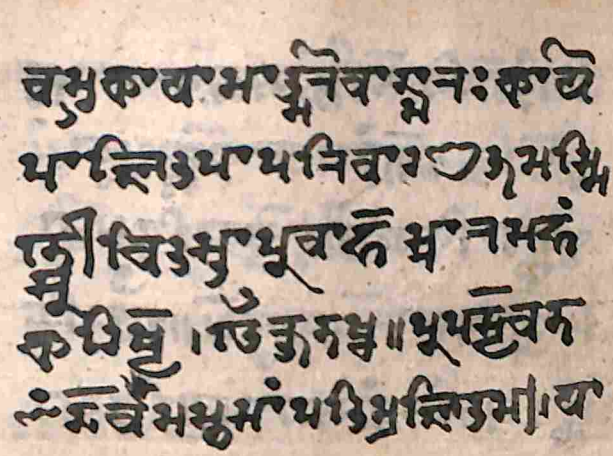

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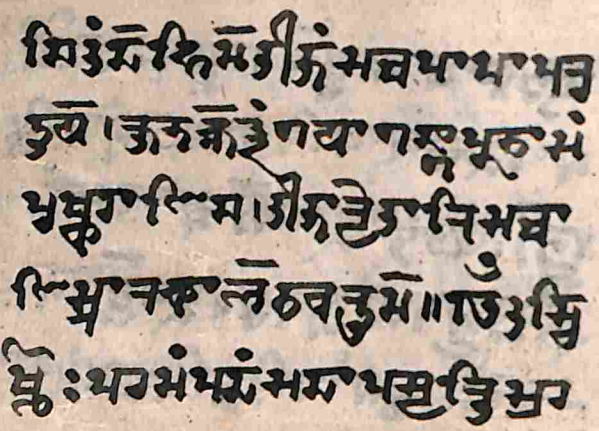

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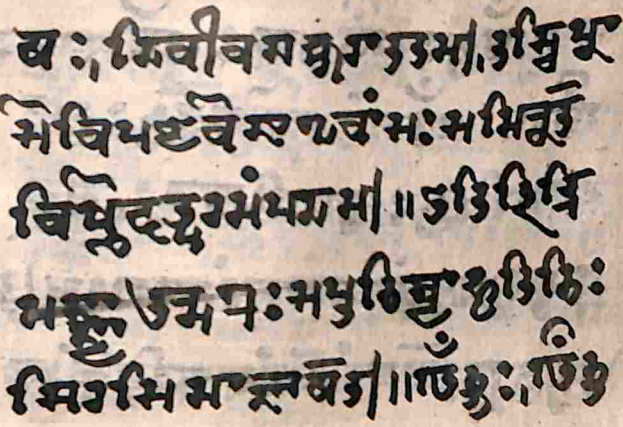

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ॐ मुः। ॐ भद्रं। ॐ मेधां च ह्रीं: मुं
कं धिह्रीं: मुं धिह्रीं:। मुवु
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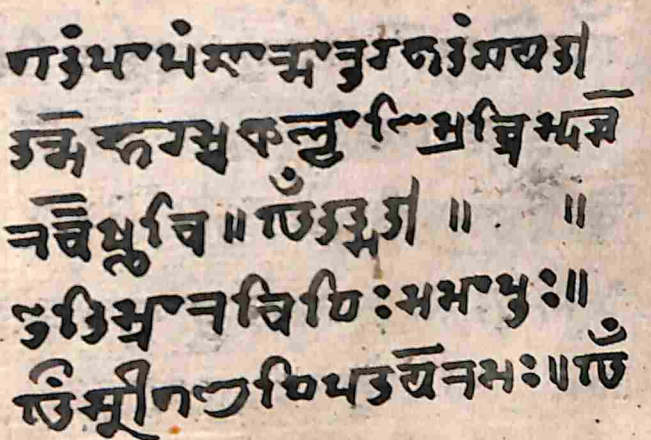

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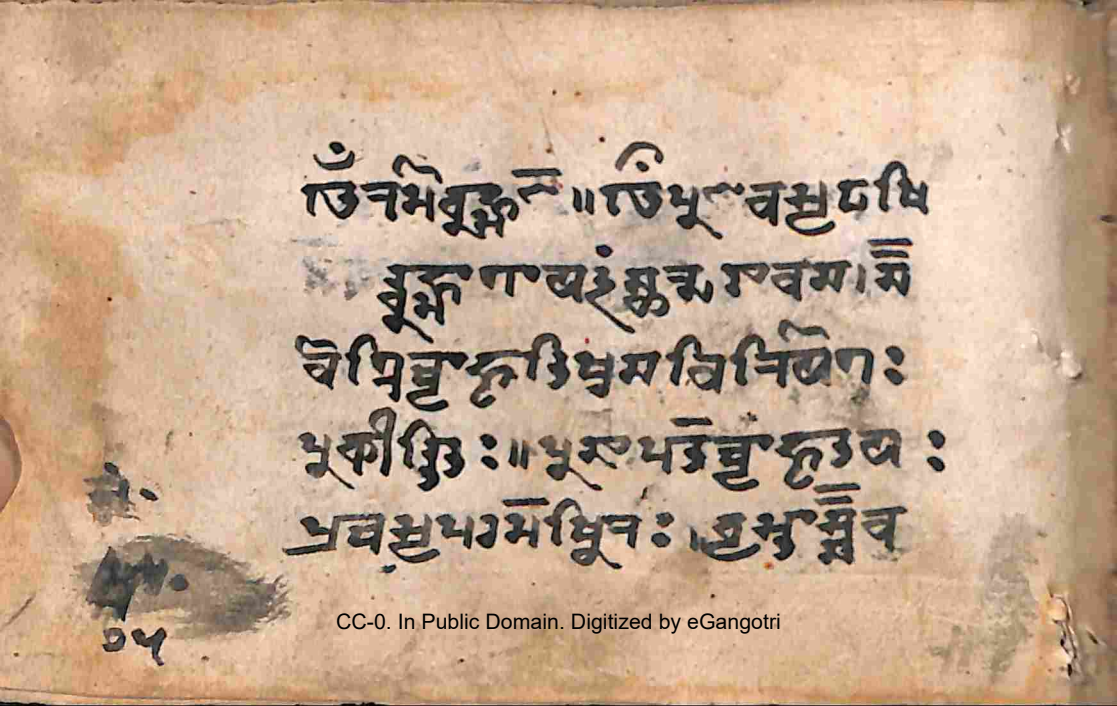

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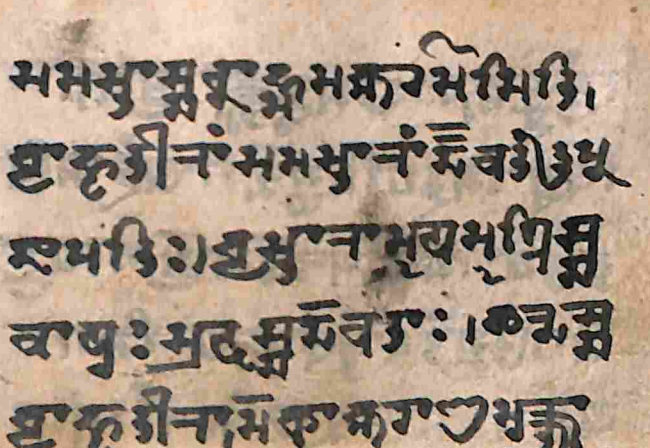

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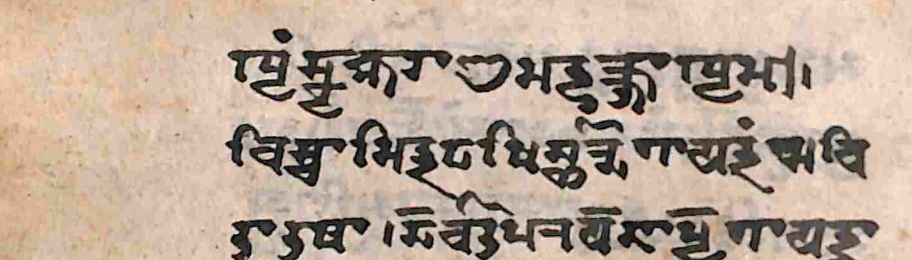

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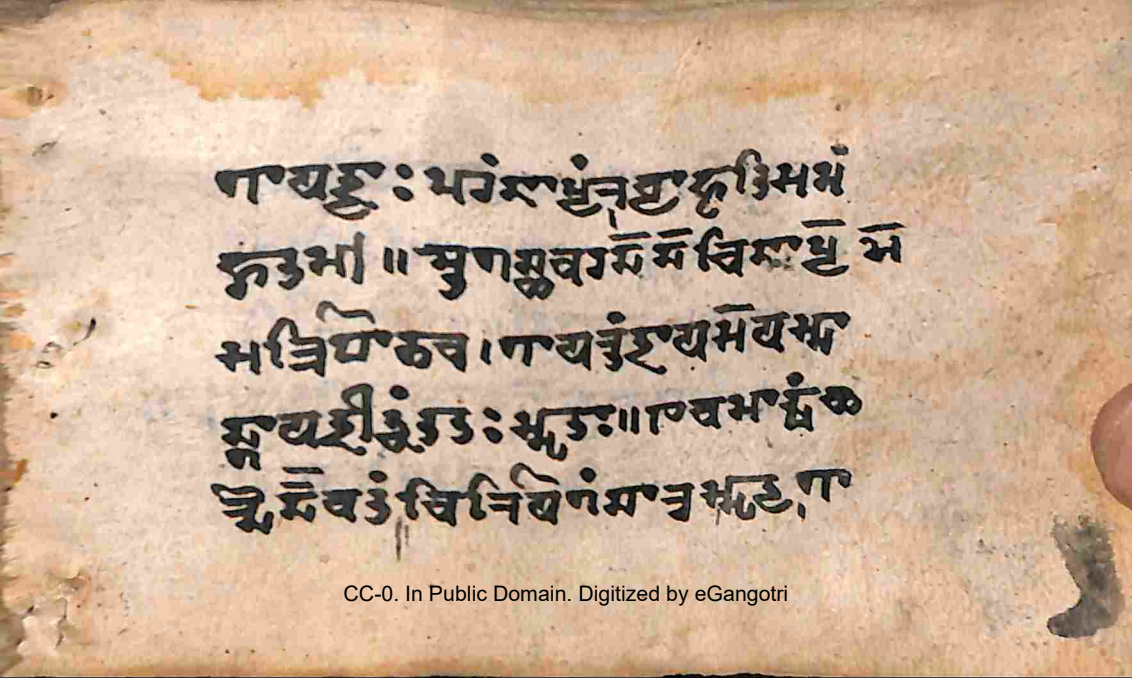

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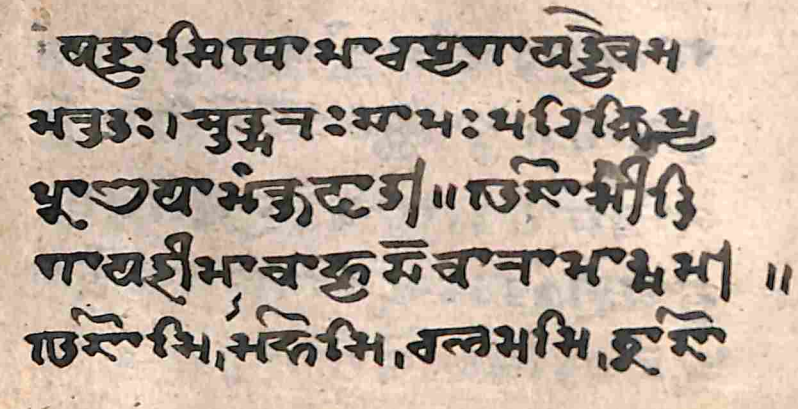

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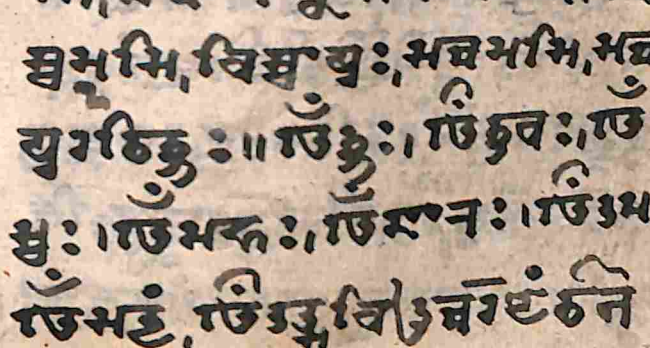

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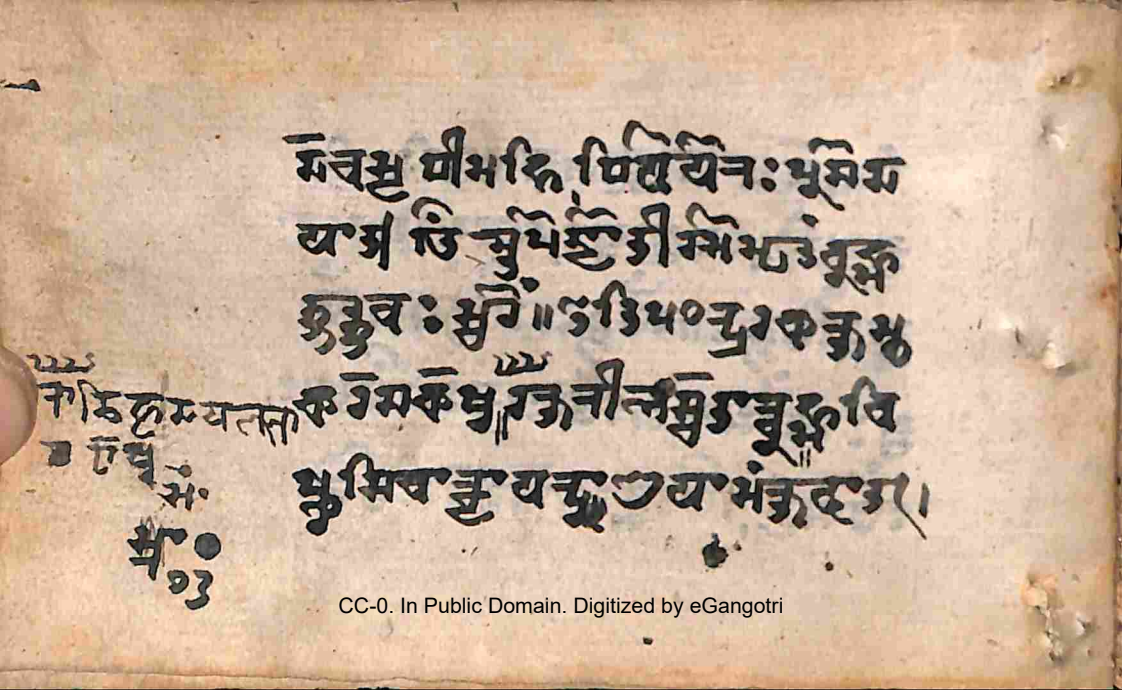

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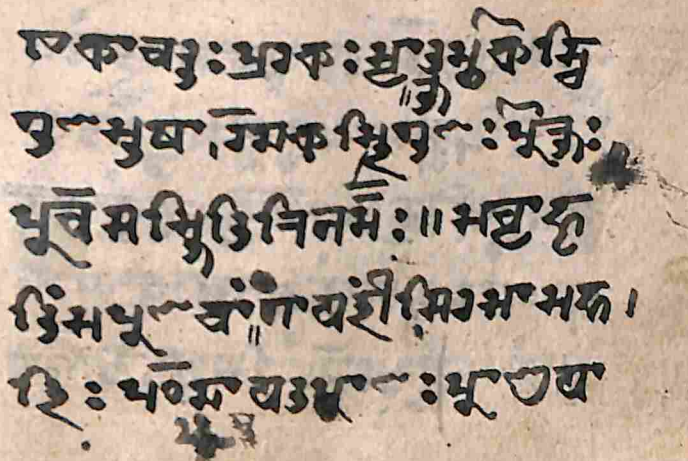

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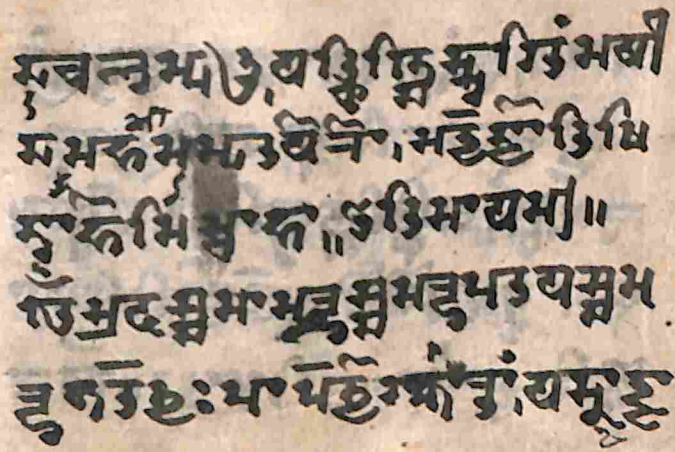

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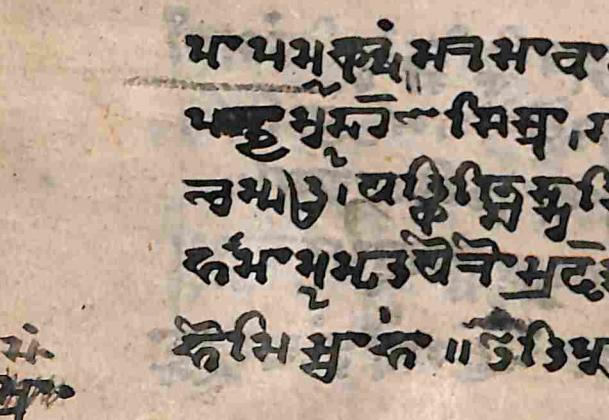

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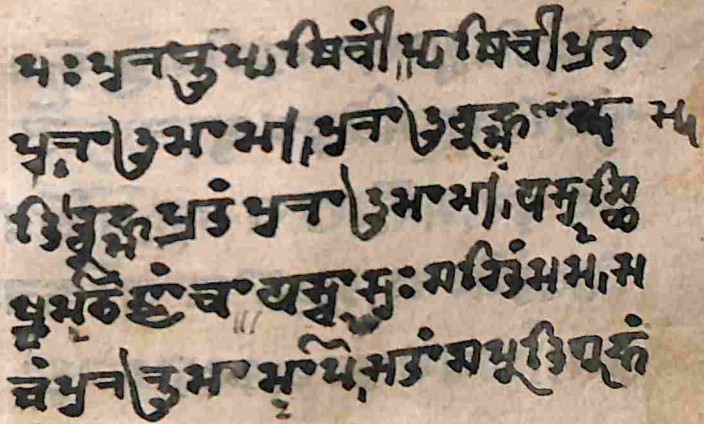

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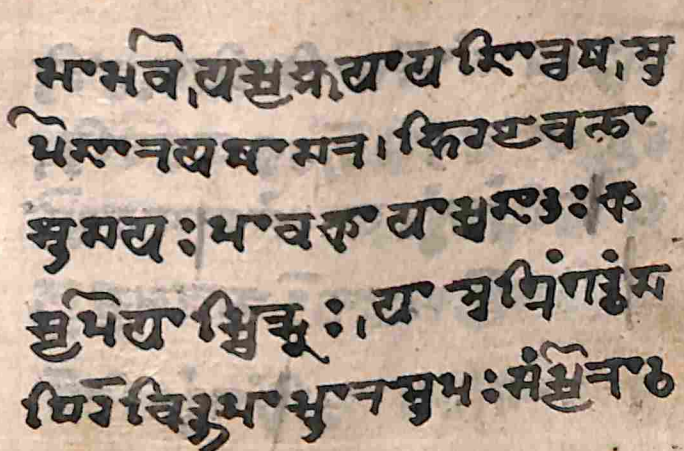

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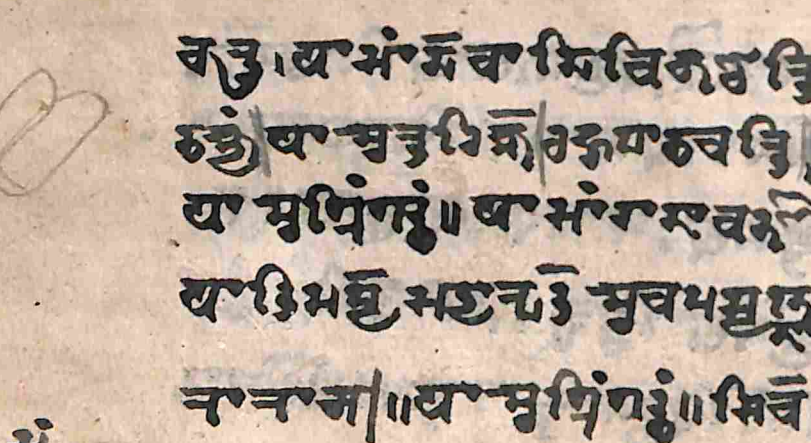

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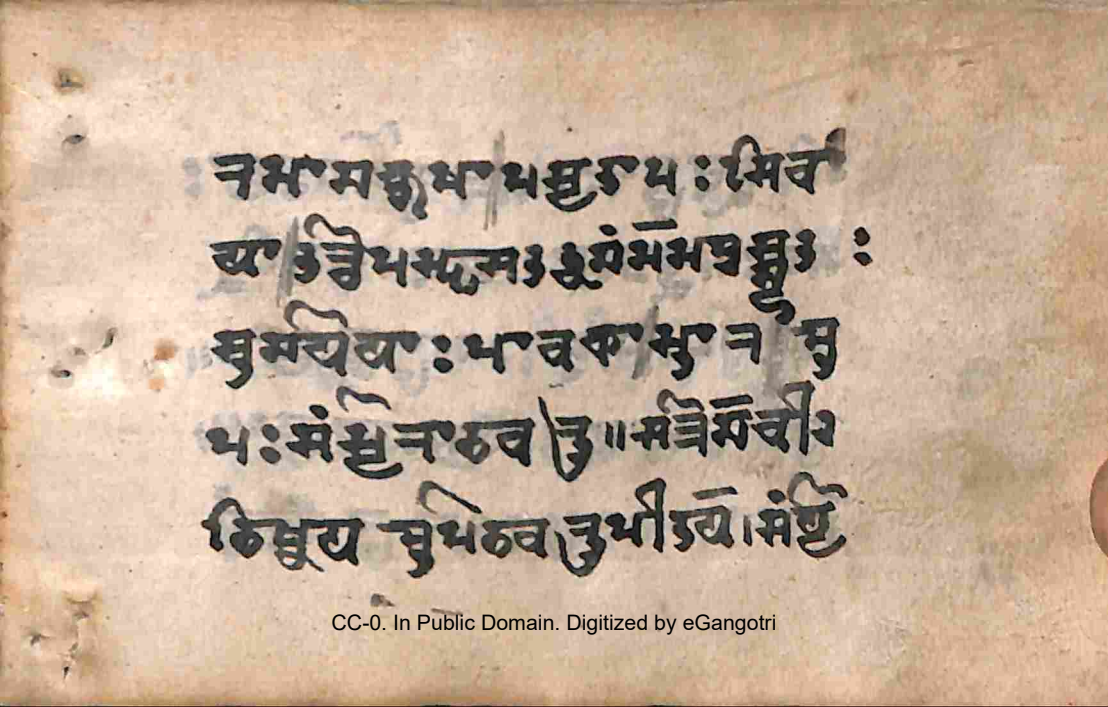

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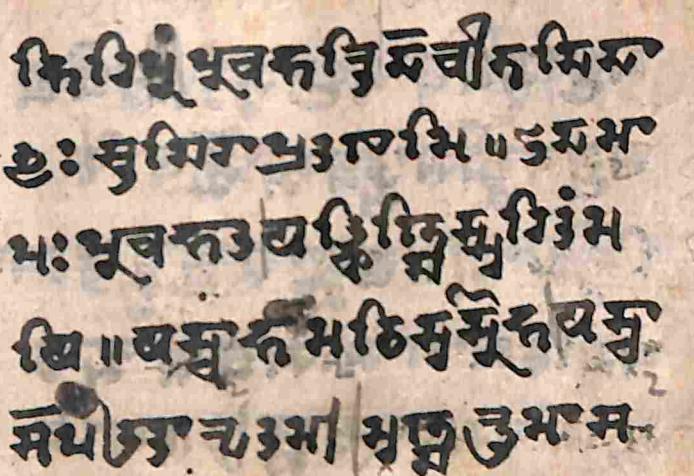

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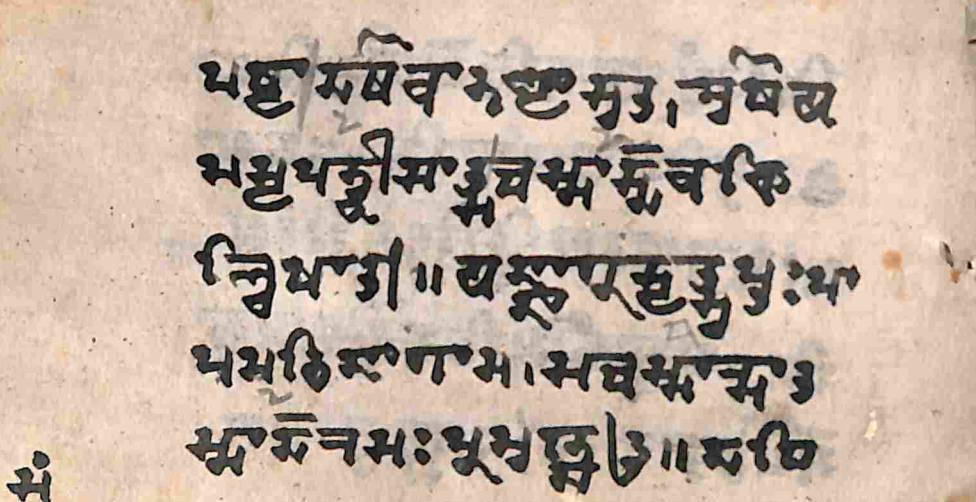

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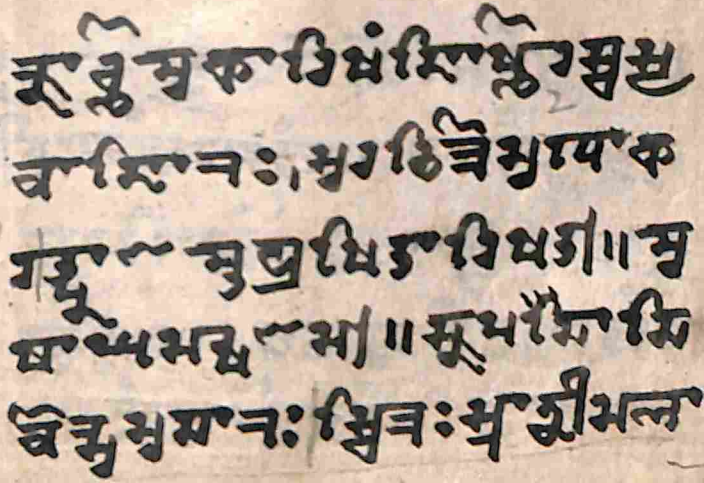

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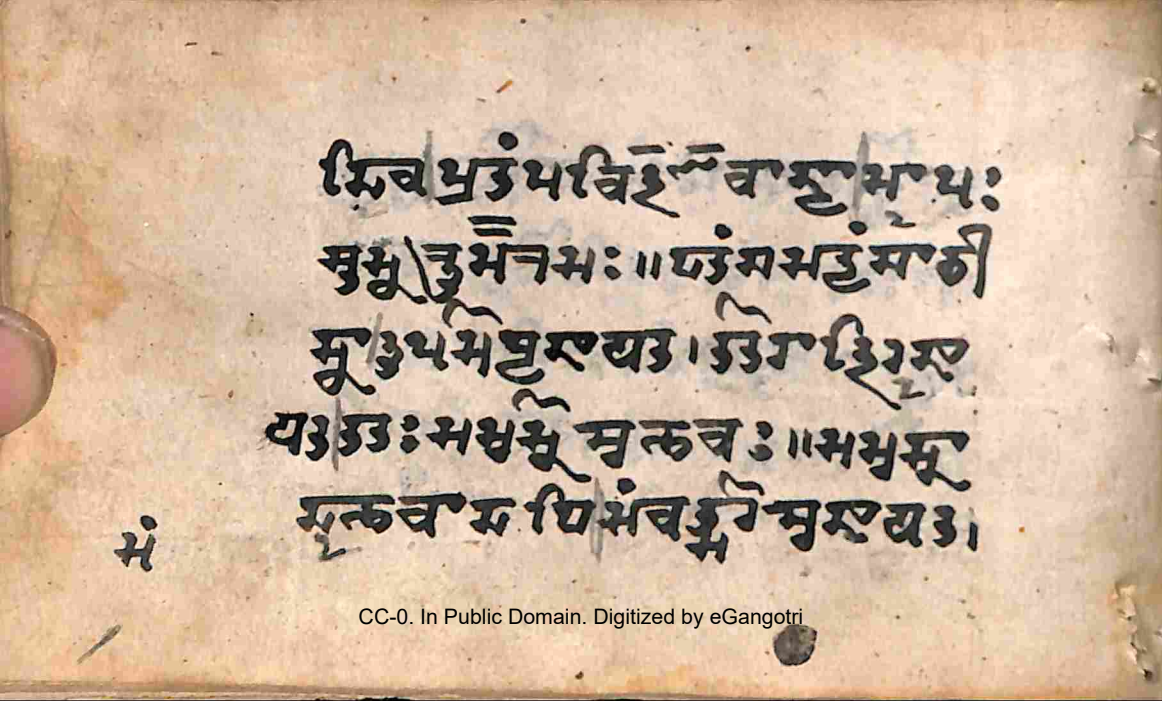

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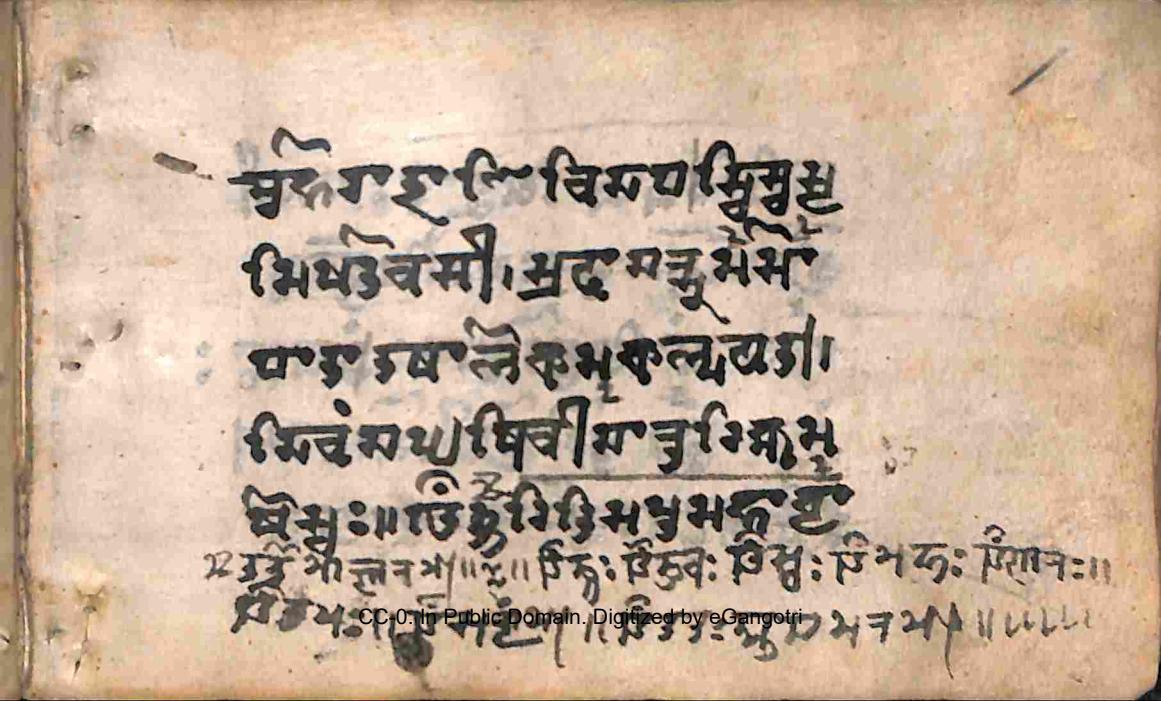

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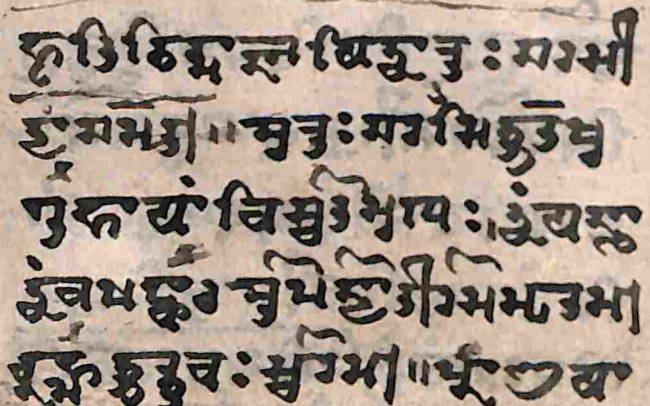

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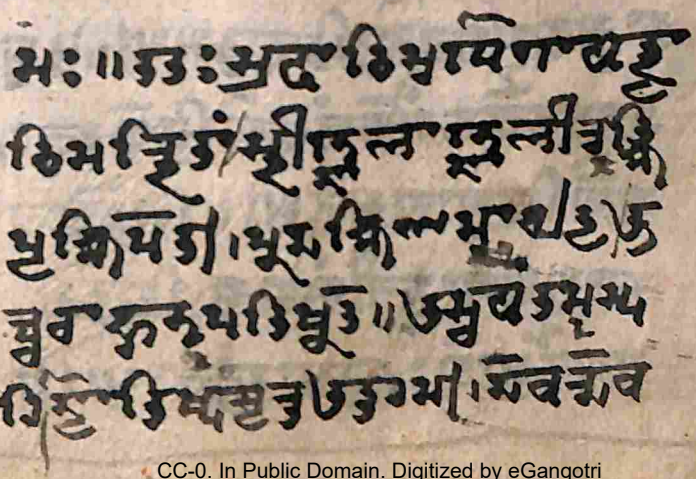

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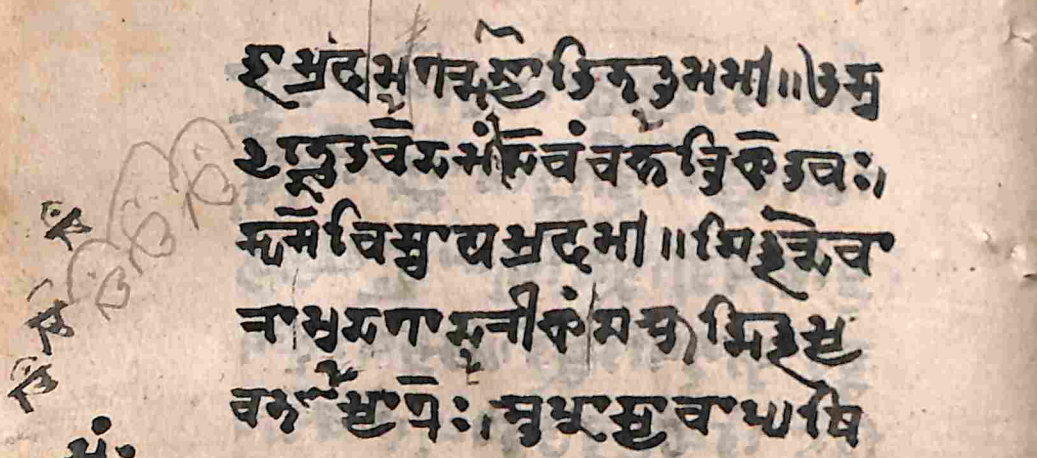

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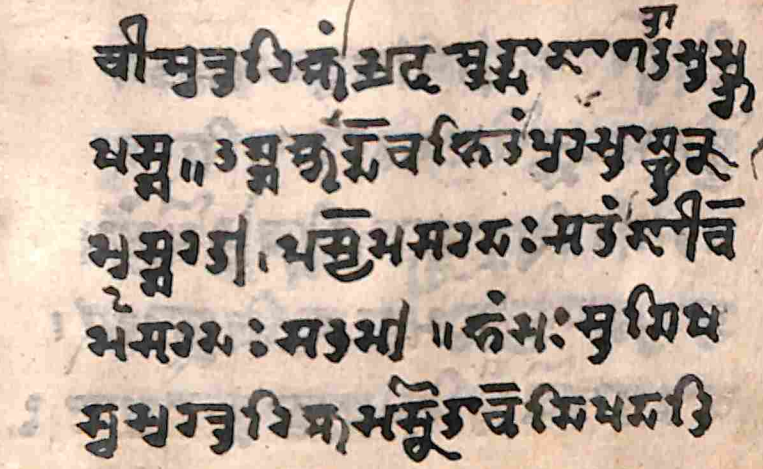

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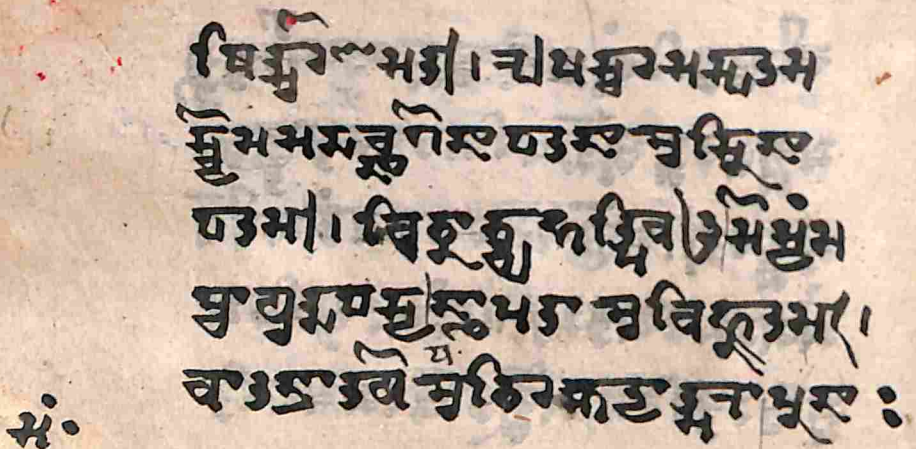

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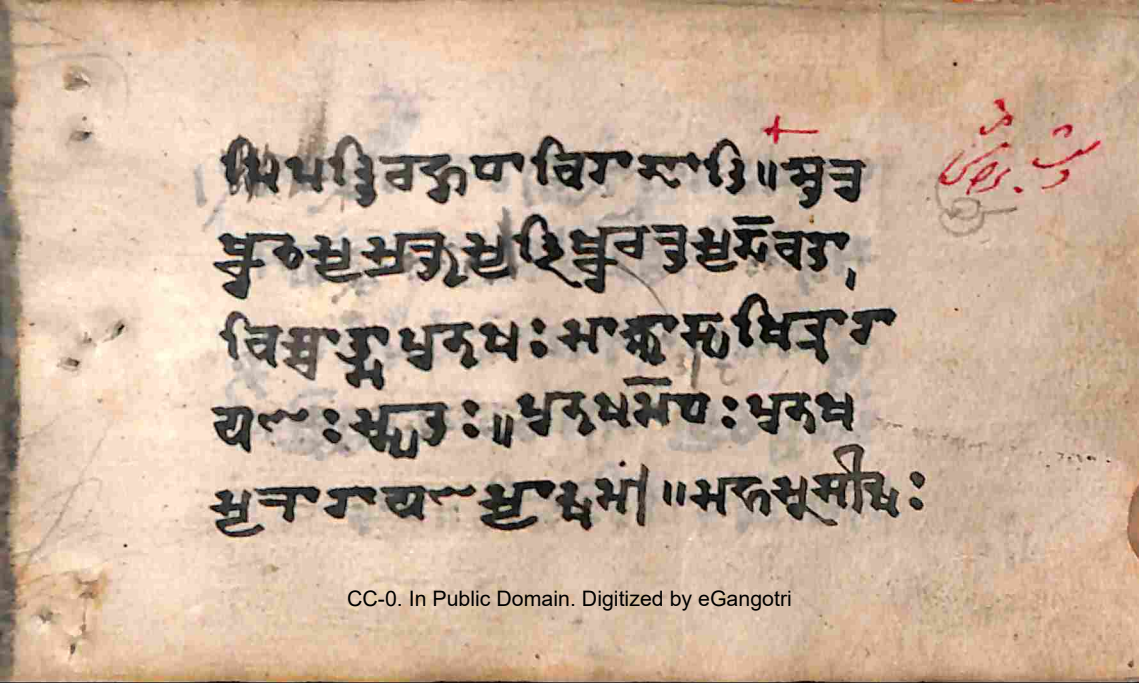

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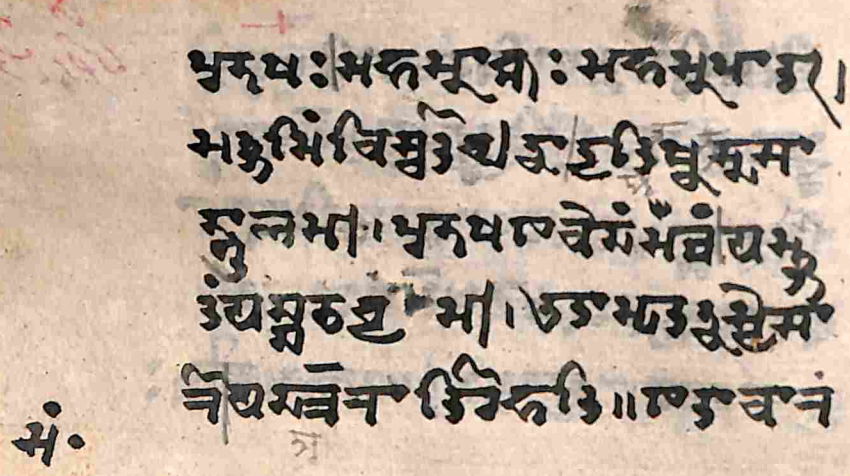

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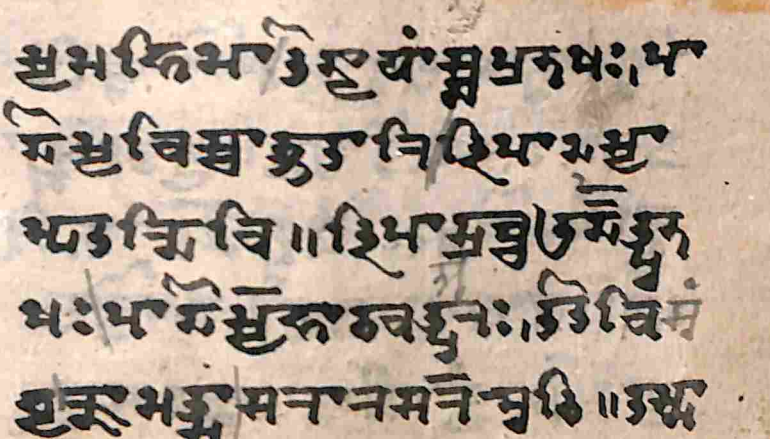

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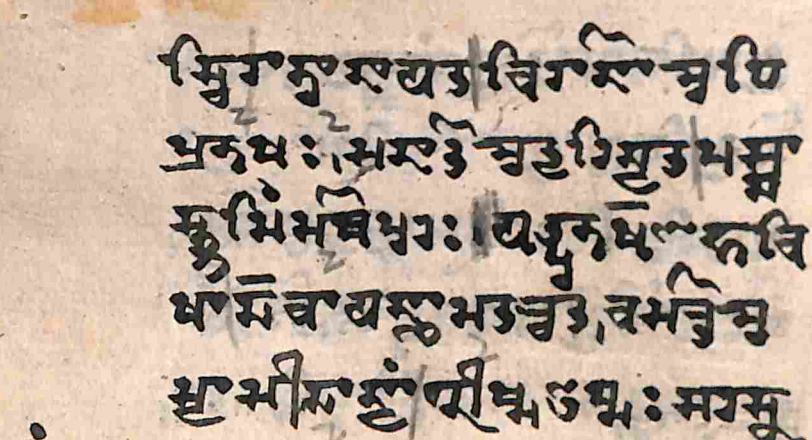

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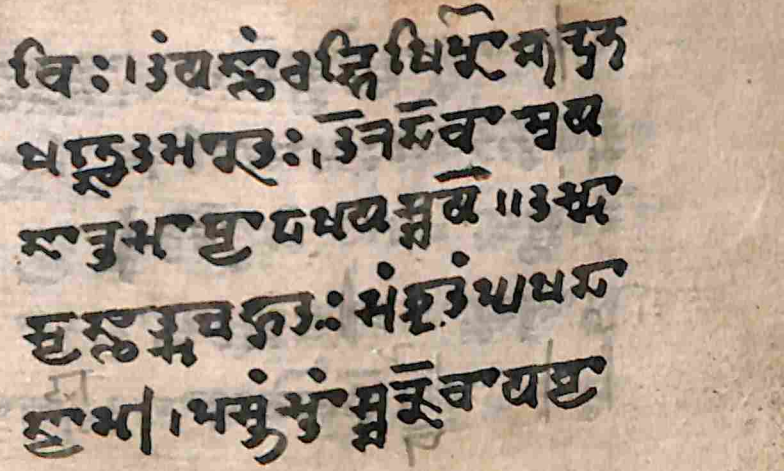

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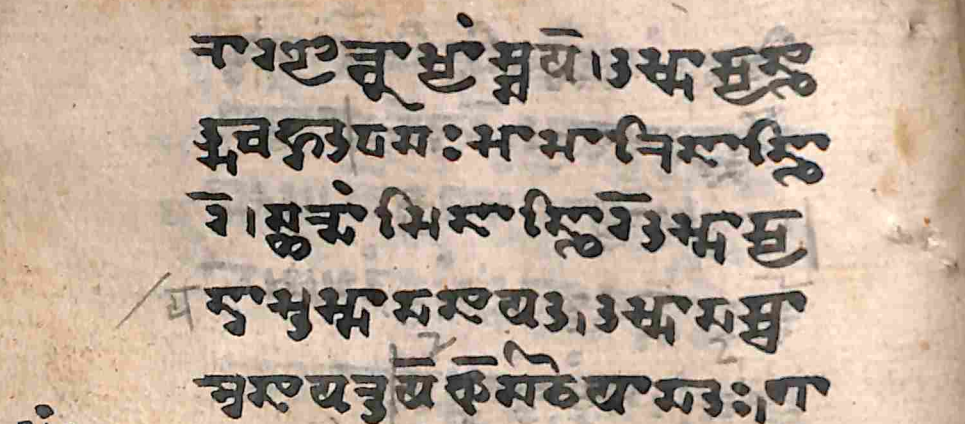

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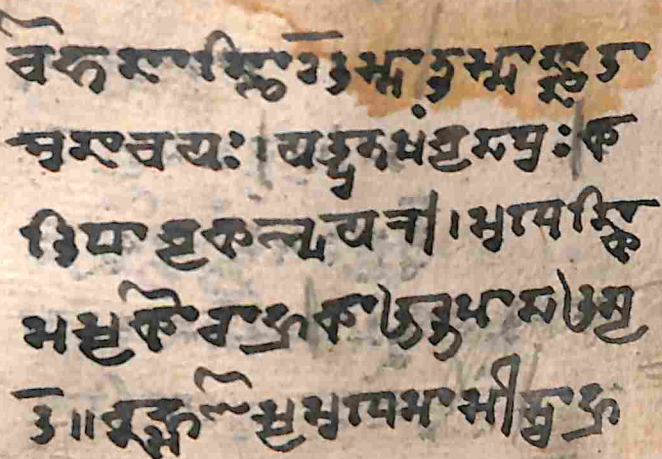

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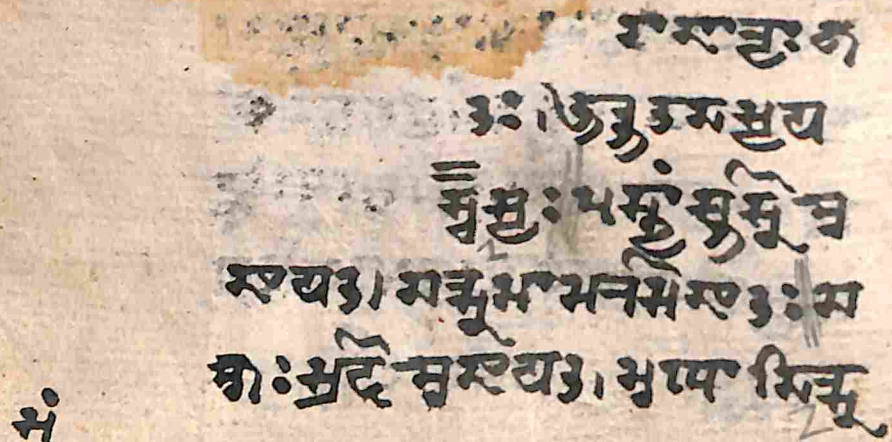

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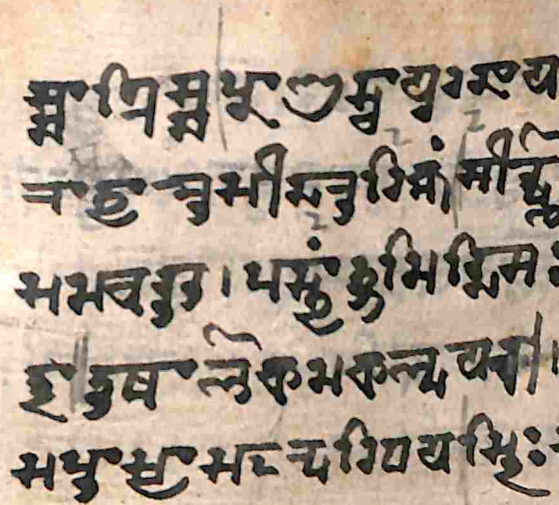

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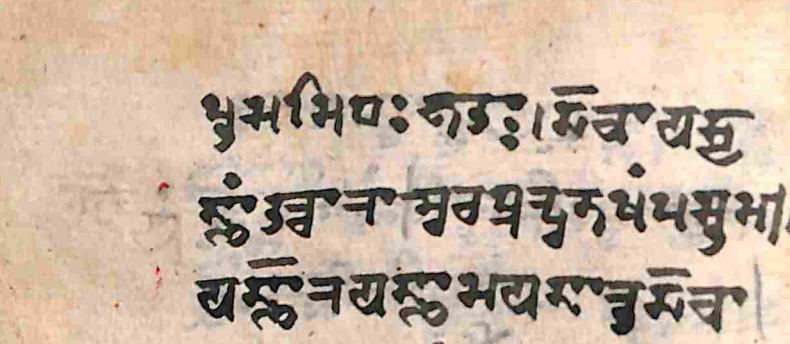

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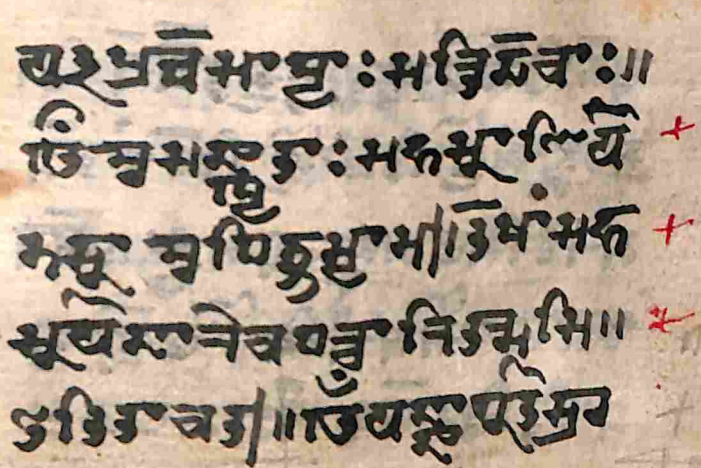

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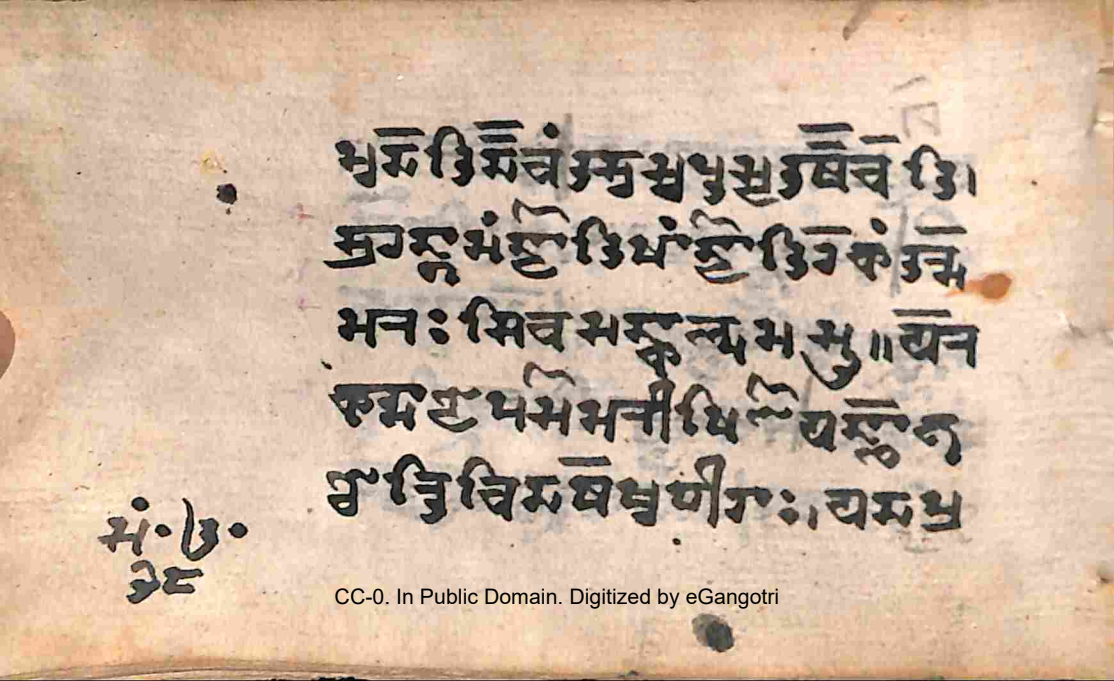

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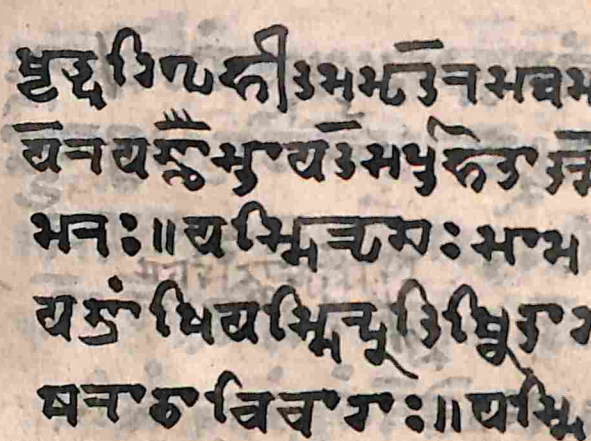

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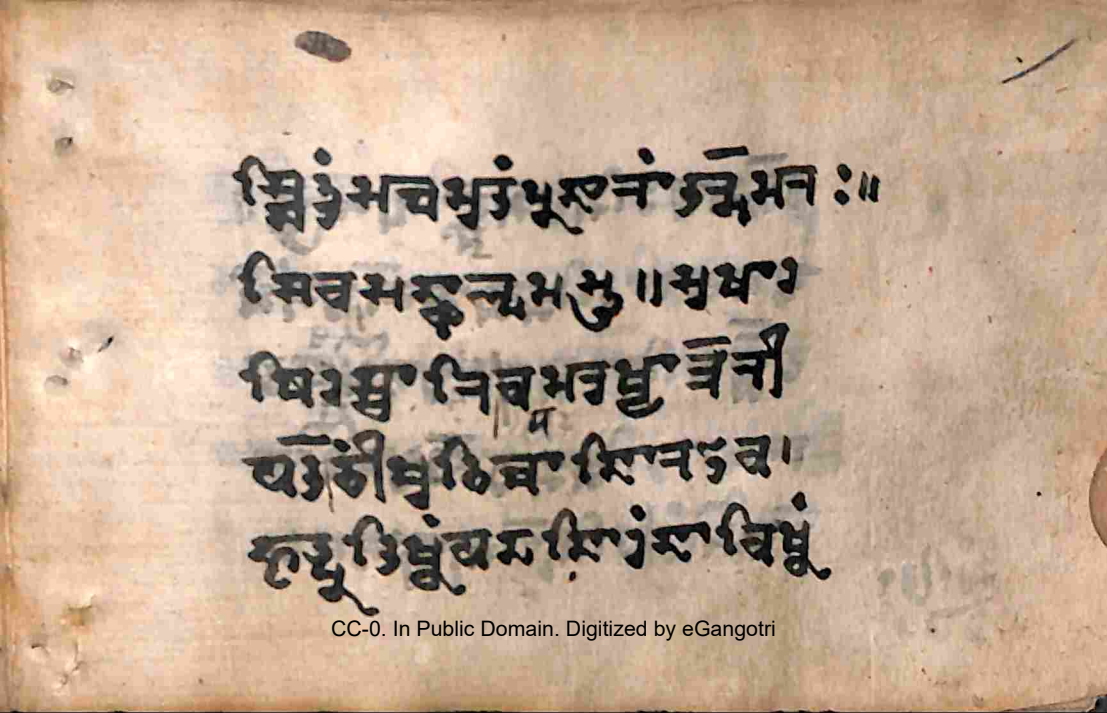

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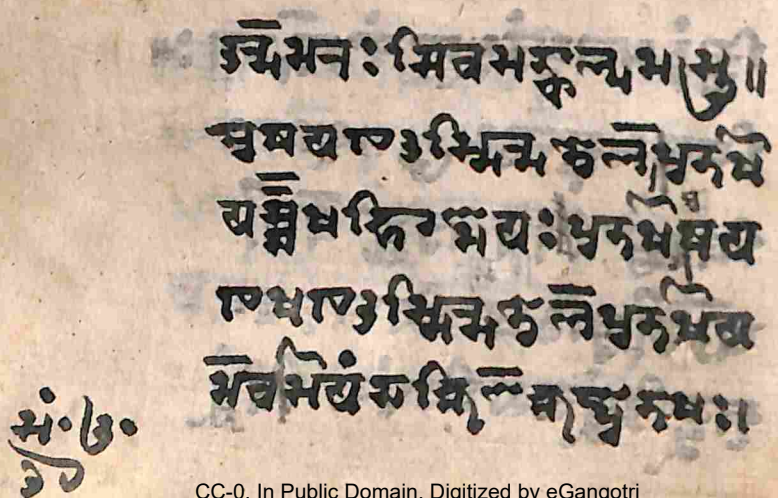

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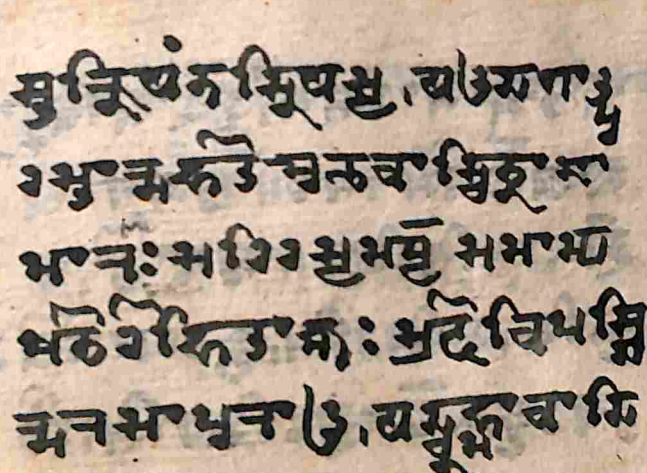

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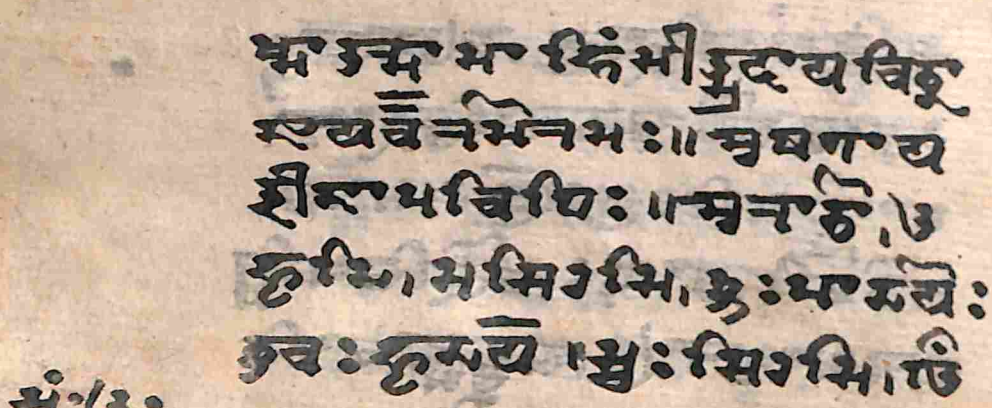

मं॰ ७॰
१२

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ॐ: सन्मुखकाङ्गंनमः। ॐईचः
ग्रल्लीङ्गंनमः। ॐईशः भङ्ग
भाङ्गंनमः। ॐभक्तः सुन्दभि
कान्तंनमः। ॐस्तानः कपिलु
कान्तंनमः। ॐमः भङ्गंकरु

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नमोऽथ धूम्रहंत्रभः॥ ॐ क्रः
धूम्रयोः। ॐ क्रुचः स्वेः। ॐ
ग्रः गुह्यं। ॐ भक्रः चक्षे। ॐ
स्त्रः कृमि। ॐ ग्रः कर्ण।
ॐ भत्रः सिरसि॥ ॐ क्रः कृम्

सं. ७.
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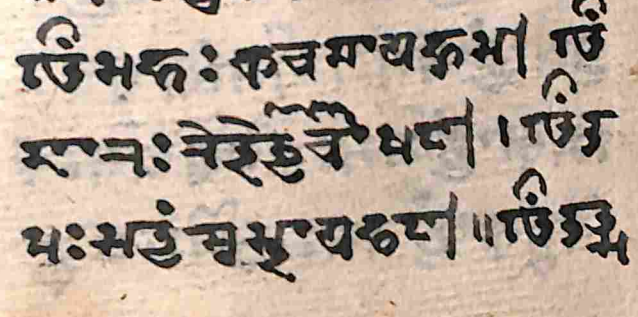

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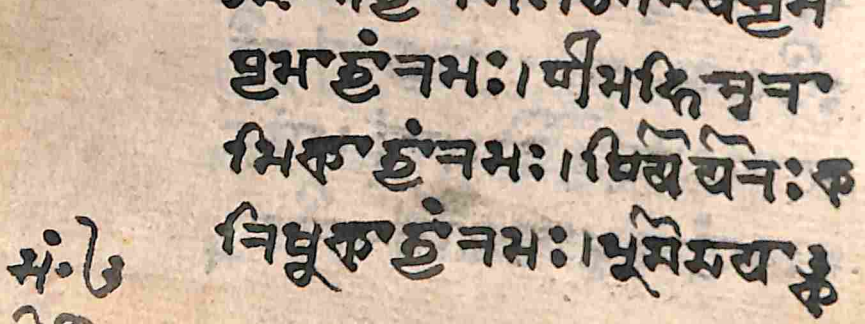

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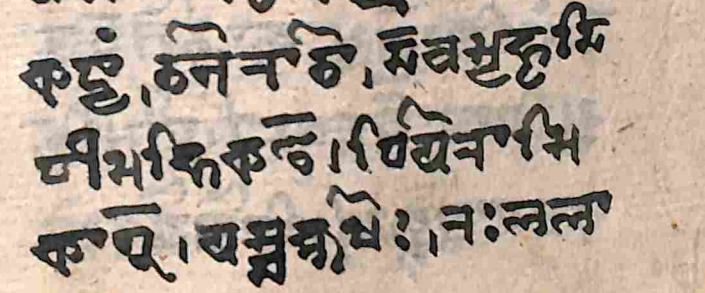

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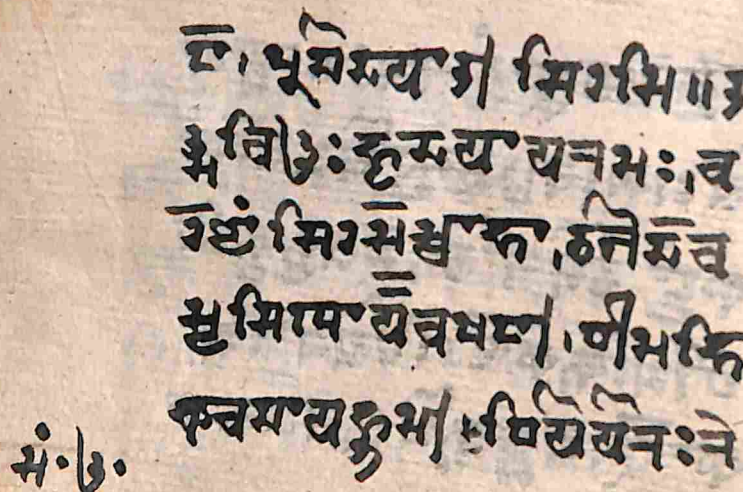

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यनमः । मंमंमृष्ण्यनमः।
चिचिउ यनमः । उचि
श्रीक्यनमः।चक्षिभ्याय
यनमः।रिक्षिभ्याय यनमः।
क्षिभ्यो भ्याय यनमः। यंय

मं
८०

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ह्रीं श्रीं नमः। ॐ ह्रीं श्रीं
नमः। नित्यक्लिन्नायै नम
मः। क्लिन्नभक्लिन्नायै नमः।
वसुकल्पायै नमः। श्रीं ह्रीं
धात्र्यै नमः। पीं ह्रीं क्रीं

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यनमः। भर्गभृष्टेभ्रुपे य
नमः। किंचित्भ्रु यनमः।
पिभ्रुकि यनमः। यैभी
न यनम : यैक्रम यनमः।
नः वरक्रु यनमः॥ भ्रुभिं

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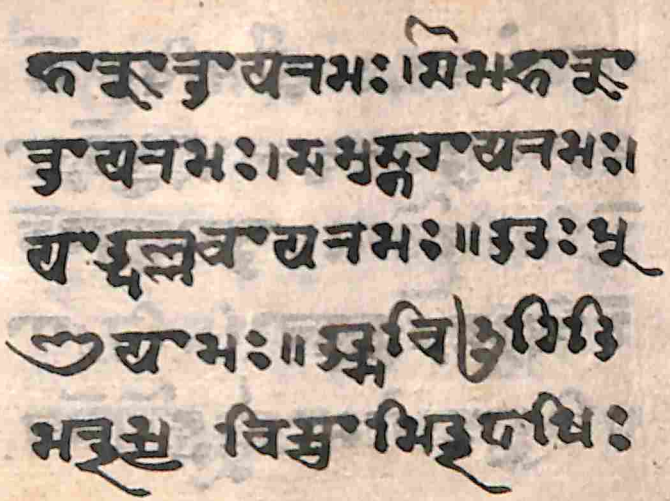

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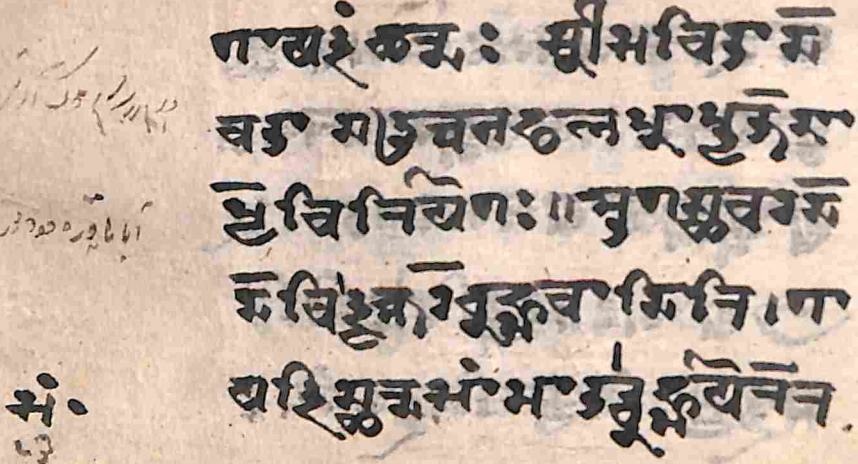

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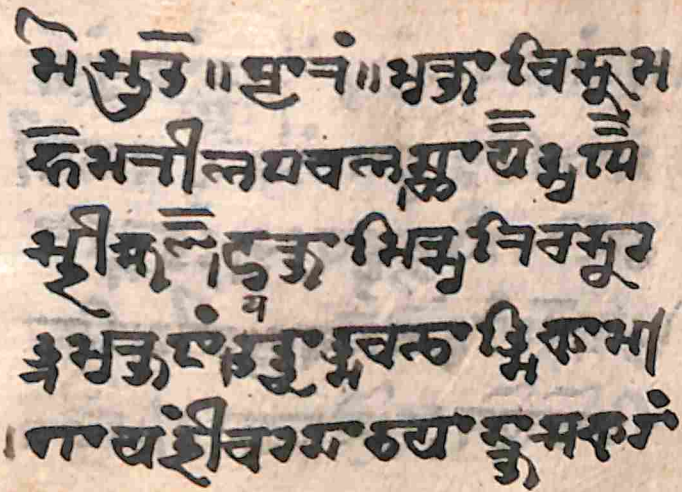

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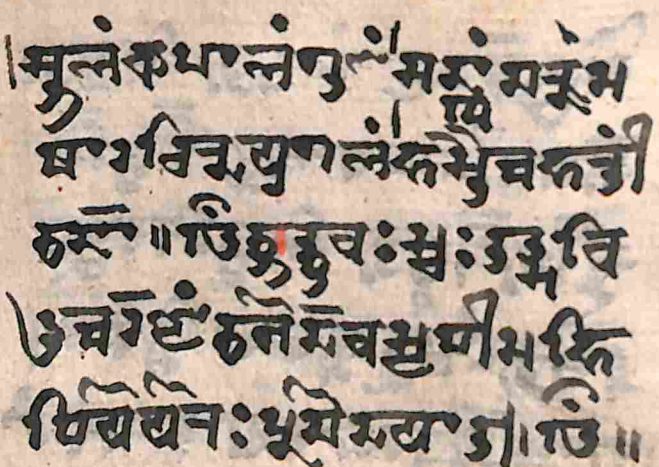

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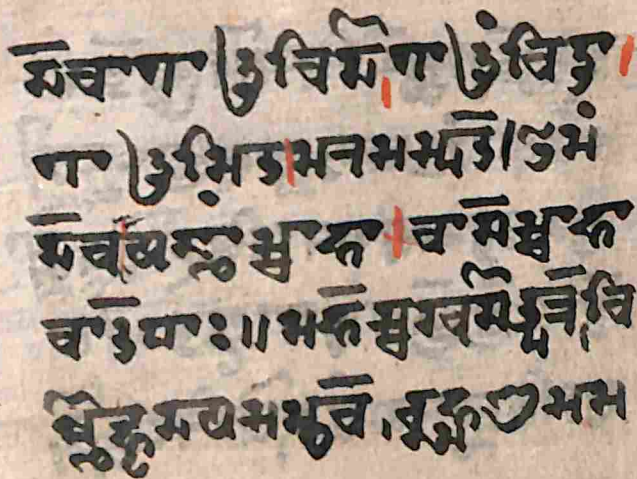

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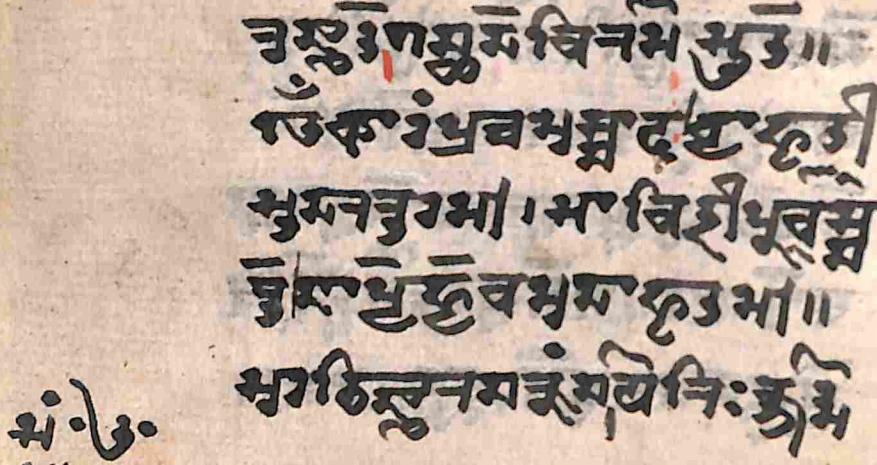

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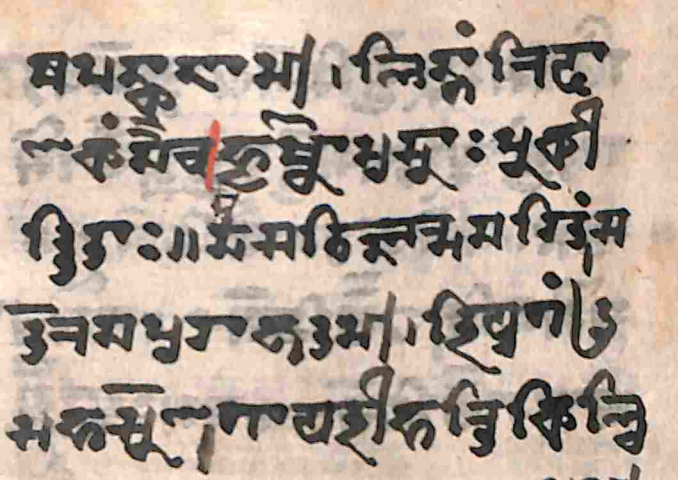

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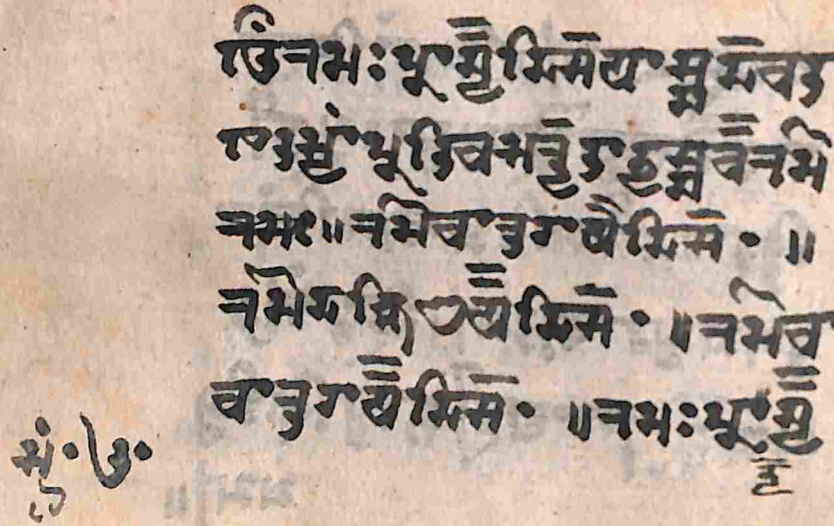

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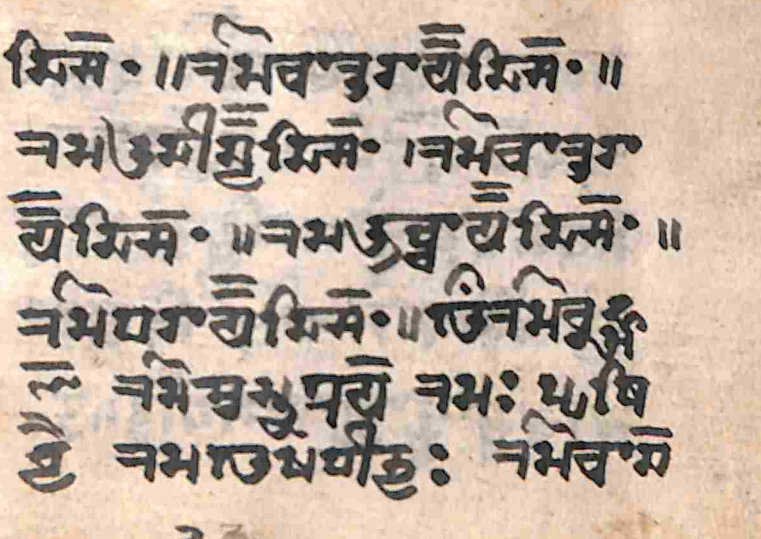

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ਤੁਮੇਵਾ ਸਮਰਥੁ ਤੁਮਿ ਵਿਭੂਵੇ
ਪਰਤੇ ਨੈਮਿ ॥ ਤੁਹੁ ਮਾ
ਸਵਨਿਵਾ ਤੁਮਾ ਸ੍ਰਿਤੁ ਮਾ ਬ
ਸੁ ਮਲਿਕ ਮਾਖੇ ਤਿਯਾ
ਵੰਵਿਸ੍ਰ ਸੁ ਸੁ ਯਮਣੀ ॥ ਤ

ਮੰ. ਪ.
੮੭

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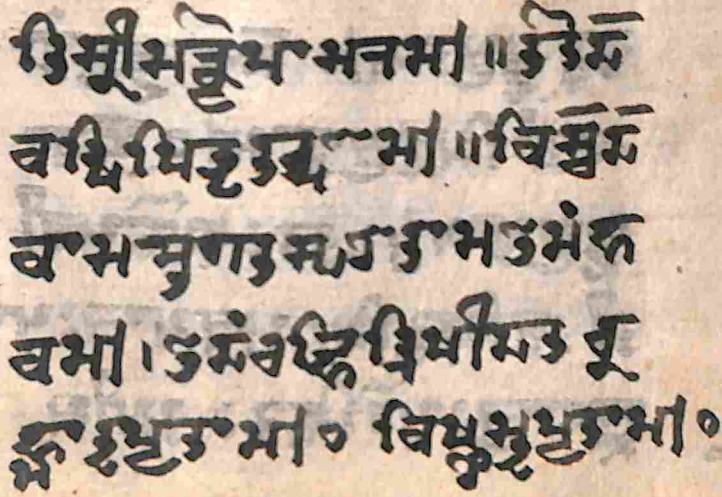

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ऽसृक्भ्रुङ्भ्यां ऽवक्भ्रुङ्भ्यं ।
अक्षंभिरक्षुङ्भ्यां ऽवक्
भ्रुङ्भ्यां ॥ ऽतः कर्तृभ्यो
ज्ञी स्वधितिभिः मवमात्तः प
ऽरमात्तः धर्मोक्तः ऽमीम

मं. ७.
८

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ਹਿਮਕਰ ਗਯਮਾ ਮਨਕਸ੍ਰੂ
ਤਮਾ ੩ ਮਨਨੁਨਸ੍ਰੂਤਮਾ ੩
ਮਨਾਤਨਸ੍ਰੂਤਮਾ ੩ ਮਨਤ੍ਰੂ
ਮਾਸ੍ਰੂਤਮਾ ੩ ਸਵੇਧਥ
ਧਸ੍ਰੂਤ੍ਰਮਾ ੩ ॥ਤਤਃਮ੍ਰ

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मीनचरी ॥ ऽमत्र भुकव भ
कु ऽमत्रः भभिचीभकि ऽम
त्रमः भुवकु भिकु चिभेभत्र
वे । कत्रुवकुनल्लः भुमन्त्रभ
भृक्षुऽभा ३ भेभः ३ यभः ३

मं. ७.
८७

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पञ्चमशृङ्गं ३ स्त्रं
भिक्षाभक्षः ३ भूभिक्षाभक्षः ३
मांस० भिक्षाभक्षी० भू
भिक्षाभक्षी० मांसभक्षः ३
भूमांसभक्षः ३ चक्षुभूमा

मं० ७०
२०

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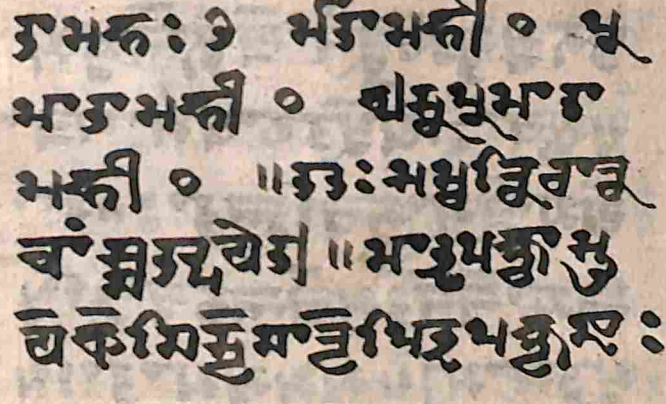

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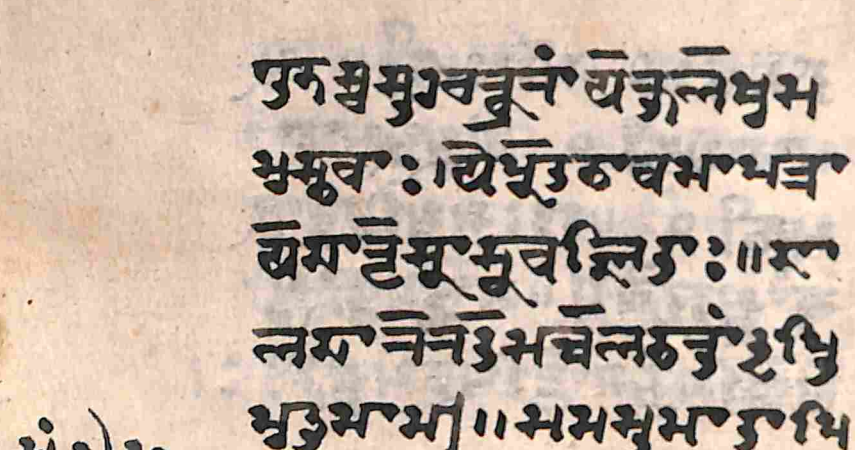

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ईहेशुभस्यमवउहः किं
भयाचंभुवा कीभयाचं
भुवा भयुभयाचंभुवा कि
लेमकंभुवा भमकऽभ
ंभुवा किमं ३ ग्रहं ३

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अहेत्र वभत्रुभ्यश्च नमः पृ
थुभ्यश्च नमः वह्नयेश्च नम
श्चित्रेभ्यश्च नमः कपर्दिभ्यश्च नमः
सिसिरभ्यश्च नमः अक्षेभ्यश्
च नमः नमश्चेषुभ्यः शङ्क

मं. ७.
५३

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ऽधिष्ठः शुक्राभिष्ठः च
ऽङ्कऽशुभधरुंभसमाभरंस्
नाशुभ्रऽ ॥ नमोऽभ्रविद्या
नाद्यनमः शुऽभ्राभ्रकिल ।
नमः भूष्टकृतिनाद्यठशूरा

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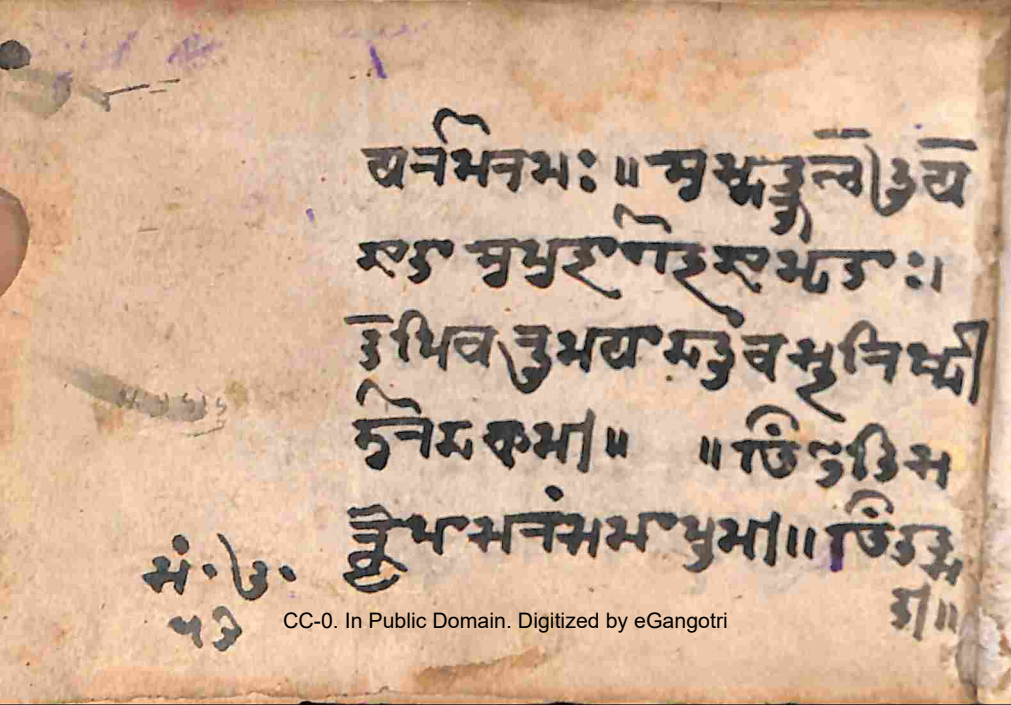

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